

CLEAN AIR, HEALTHY LIFE

CLEAN AIR FOR BETTER HEALTH

Do you know the air you breathe affects your health?

- Air pollution comes from cooking smoke, burning trash, dusty roads, and vehicle emissions.
- Dirty air is dangerous to your lungs, heart, brain, and overall health.
- Women, children, and the elderly are the most affected.

Learn how air pollution impacts your health and the steps you can take to protect your family.

HOW AIR POLLUTION AFFECTS YOUR HEALTH



Brain

Reduces memory and learning ability, especially in children.

Air pollution impacts your children's ability to learn and grow.



Heart

Increases the risk of heart attacks and strokes.

Breathing polluted air doesn't just harm your lungs; it also affects your heart.



Lungs

Causes coughing, asthma, and lung infections.

If you or your child frequently have a cough, it could be due to polluted air.



Pregnant Women and Children

Polluted air can affect unborn children.

Clean air ensures a bright future for your child.

What Can You Do to Protect Your Family?

Use Cleaner Cooking Methods

Use gas or improved cookstoves to reduce smoke.



Plant Trees

Trees clean the air and improve your environment.



Stop Burning Trash

Use safe methods to dispose of waste.



Join Local Clean Air Groups

Advocate for better air quality policies in your community.

Contact Us

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Clean air means healthy families. Take action today!



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CITY COUNTY

Breathing Life into Our City.

